

WHAT IS MASSAGE THERAPY?

Nebraska Law states that Massage therapy is the physical, mechanical, or electrical manipulation of soft tissue for the therapeutic purposes of enhancing muscle relaxation, reducing stress, improving circulation, or instilling a greater sense of well-being and may include the use of oil, salt glows, heat lamps, and hydrotherapy. Massage therapy shall not include diagnosis or treatment or the use of microwave diathermy, shortwave diathermy, ultrasound, transcutaneous electrical nerve stimulation, electrical stimulation of over thirty-five volts, neurological hyperstimulation, or spinal and joint adjustments.

DID YOU KNOW...

- ◆ Massage therapy is recognized as one of the oldest methods of therapy, with references in medical texts nearly 4,000 years old.
- ◆ Nebraska first started licensing massage therapists in 1955, and is 1 of 30 states which license massage therapists. There are over 700 persons holding active Nebraska massage therapy licenses.
- ◆ The majority of states require 500 hours of training, only Nebraska and New York require 1,000 hours. To be licensed in Nebraska a person must complete 100 hours of training in each of the following: physiology; anatomy; massage; pathology; practical demonstration; health service management; and 300 hours relating to the clinical practice of massage therapy.

In addition to training hours, an individual must successfully pass a school practical and national written examination.

- ◆ To maintain a license, a massage therapist must complete continued competency requirements every 2-years.

HOW CAN MASSAGE THERAPY HELP YOU?

Massage therapy can positively affect your health and well being. It has been known to help manage a variety of conditions, such as: allergies, arthritis, asthma/bronchitis, carpal tunnel syndrome, chronic and temporary pain, circulatory problems, digestive disorders, fibromyalgia, headache, insomnia, myofascial pain, range of motion, sinusitis, sports injuries, stress, and temporomandibular joint dysfunction (TMJ).

WHAT ARE SOME OF THE TYPES OF MASSAGE THERAPY?

- Acupressure: This involves pressing on specific points of the body to relieve pain without the use of needles.
- Craniosacral therapy: Positioning of the therapist's hands on the head and spine to release restrictions and blockages.
- Deep-tissue massage: Works deeply into the muscles within the pain tolerance of the client to release aches and pains.
- Hydrotherapy: The use of water, ice or steam to assist in healing (whirlpool, ice/heat packs, etc).

- Lymph drainage: Light rhythmic strokes to help conditions related to poor lymph flow.
- Myofascial release: Gentle movements of connective tissue and fluid around a muscle to reduce restriction.
- Neuromuscular therapy: The application of deep pressure on trigger points in soft tissue to relieve pain, sensation or tension.
- Ortho-Bionomy ®: Re-education of the muscles by gentle, subtle, non-invasive client positioning to restore balance.
- Reflexology: Pressure on points of the hands, ears, or feet which is intended to correspond to organs and regions of the body to promote good health.
- Shiatsu: Finger pressure along meridian channels to release the blockage of energy.
- Stone massage: The use of smooth heated stones applied to the body to bring about relief to stiff and sore muscles.
- Swedish massage: Manipulation of muscles and connective tissues for relaxation and health maintenance.
- Thai massage: Massaging stretched tissue while holding the body in yoga positions.
- Therapeutic Touch: Adjusting the balance of a person's energy field by the light placement of hands on the body.
- Trager ® Therapy: Progressive, gentle, rhythmic, rocking, and stretching techniques which promote easy and free movements of the body.

WHAT CAN YOU EXPECT AS A CONSUMER?



Massage Clients should . . .

- ◆ Be in a private area and be properly draped to ensure client comfort level.
- ◆ See the state license of the massage therapist and massage establishment.
- ◆ Receive an explanation of the type of therapeutic treatment offered, time involved, fees and billing policies, before services are rendered.
- ◆ Be informed of the professional limits and specialties of the practitioner.
- ◆ Be asked to complete a health questionnaire.
- ◆ Receive confidential services.
- ◆ Receive clean linens.
- ◆ Receive services from a therapist who uses standard hygiene and sanitation practices.

For More Information or to Check the License of a Massage Therapist

call or write:

Nebraska Department of Health and Human
Services Regulation and Licensure
Credentialing Division
PO Box 94986
Lincoln, NE 68509

Telephone Number: 402-471-2117
Fax Number: 402-471-3577

or visit our Web site at:

www.hhs.state.ne.us/lis/lisindex.htm

To Make a Complaint contact:

Division of Investigations
301 Centennial Mall South
Lincoln, NE 68509



402-471-0175

or visit their Web site at:

www.hhs.state.ne.us/reg/investi.htm

The Nebraska Health and Human Services System
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Nebraska Health and Human Services System



A Consumer's Guide to



Massage Therapy in Nebraska

**Department of Health
and Human Services
Regulation and Licensure
Credentialing Division
and
Board of Massage Therapy**